

Gastroesophageal Reflux (GERD)

- Increased in obesity, Trisomy 21
- Symptoms
 - Epigastric pain, heartburn, chest pain
 - Acid or “bad” taste in mouth
 - Increased burping
 - May have halitosis, wheezing, dental erosion, nausea, dysphagia, chronic sore throat or nocturnal cough
- Symptoms occur: after meals (especially large meals), at night when supine (can wake from sleep), can be worsened with stress
- Worse with spicy or acidic foods
- H. pylori testing is not indicated on initial evaluation for GERD symptoms



GERD Management

- Lifestyle changes
 - Avoid trigger foods
 - Weight management if obese
 - Elevate head of bed if nocturnal symptoms
- OTC antacids for short-term relief prn
 - Maalox/Mylanta 0.5-1 mL/kg (max 20mL) after meals and at bedtime prn
- Mild or intermittent symptoms not resolved with lifestyle changes: H2 antagonists
 - Famotidine (40mg/5mL) 1mg/kg/day (max 20mg) divided BID
 - Cimetidine (300mg/5mL) 30-40 mg/kg/day (max 800mg) divided QID
- Moderate-severe symptoms / frequency: PPI trial x 4-8 weeks and reassess to wean off
 - Omeprazole 1yo+: 1 mg/kg (max 20-40mg) daily given 30 minutes before a meal (may increase to BID)
- PUD pain relief consider Sucralfate 1000mg/10mL
 - 40-80mg/kg/day divided QID (max dose 1gm)

Food Triggers

- Spicy foods
- Acidic foods: orange juice / citrus, tomato sauce, colas & sodas
- Caffeine
- Chocolate
- Peppermint
- High fat / fried foods (slow gastric emptying)
- Onions
- Vinegar